



TouchLine

A Monthly Publication of The Women's Roundtable

February 2010

FEBRUARY 16

TAKING CARE OF YOU ... BODY & SOUL!

(CHOCOLATE CONTEST!)

Aaron Hertel, Co-owner

Hertel & Brown Physical Therapy

Social 6:00 p.m. • Program 6:30 p.m.

Family First Sports Park

(Parking: South side of building, in front of Picture Windows)

\$10 Members • \$12 Guests

RSVP Required



Many of us probably spend entirely too much time at our desks or computers without periodically taking a few minutes to stretch or reposition ourselves. As a result, our muscles tighten and we get sore. For tips on relief, if your posture needs a little work, or if you've been diagnosed with Osteopenia or Osteoporosis, this program is for you!

Aaron Hertel of Hertel & Brown Physical Therapy will talk to us about these important topics:

- ◆ Proper Sitting Posture
- ◆ Proper Body Mechanics
- ◆ Workplace Exercises
- ◆ Aquatic Exercise, and more!

Plus, in honor of Valentine's Day, we're asking each member to bring a decadent Chocolate Dessert to share! Guests are welcome to bring one, too, but it's not a requirement to join us! We have a special prize for the winning "entry!" *We hope you can make it!*

RSVP Required ... *Please do so by deadline:*

Call Hospitality Director **Diane Wilson** at **868-3816** by no later than Friday, February 12.

Note: If you make a reservation, are unable to attend, and do not cancel within 48 hours of the event, you will be responsible for any costs incurred.

GROWTH

EXCELLENCE

MOTIVATION

STRENGTH

Visit us online at
www.wrterie.org

A Message From The President

Well, another month has come and gone. As I mentioned last month, 'time sure flies!' But, during that time, our members have accomplished a lot ... we're a resourceful bunch of women! I don't know if you've had a chance to check out our new website (www.wrt.org), but Webmaster **Kristen Mooney** has been adding features and forms that can be downloaded. If you know someone who's interested in joining our fantastic group, you can now tell them to go to the website and print the form and mail it in. Isn't that easy? You'll find the Woman of the Year Nomination Forms, as well!

Another added value to membership is that we are now offering advertising space on our website. Whether you have a business of your own, or you have a job at a business that wishes to feature you and your position, the spots are available to members for a nominal annual fee. We'll also be able to add a link to your website! Please see the related article in this issue of TouchLine.

A few days after we sent the email announcement that **Barbara Brown** needed to step down as hospitality chair, **Diane Wilson** contacted me to volunteer to finish out the year. She did a fabulous job at Calamari's the other night! She is going to be wonderful ... so organized and efficient. We may have to force her to stay on next year!

I will miss the February meeting because George and I are going to Florida for a little golf and relaxation. It's a shame because I know it's going to be a great meeting. Don't miss it! January's meeting was really nice, as well. **Bo Iole** is doing a terrific job with the programs! There has been so much good information and fun networking at all of our meetings this year. And, of course, that's what WRT is all about!

Susan Wendel

WEAR RED HEART AWARENESS EXPO

Friday, February 5

10:00 a.m. - 3:00 p.m.

Bayfront Sheraton Hotel*
55 West Bay Drive • Erie

Why not make this a healthier, happier new decade by attending the fourth annual Wear Red Heart Awareness Expo.



It's your opportunity to show your support for the prevention and early detection of heart disease—the number one threat to women's health!

Free heart screenings, complimentary light refreshments, local vendor booths and a raffle will be available throughout the day, along with special presentations by Hamot physicians and heart experts.

Cholesterol and blood sugar testing will be offered at a discounted rate of \$10 ... a 50% savings! Fasting is suggested, but not necessary. Call 877-2045 to schedule an appointment.

*Free parking in the hotel ramp.

Happy
Valentine's Day!



TidBits ...

Karen Bukowski, our resident golf pro, has been selected as a 2009 U.S. Kids Golf Top 50 Kids Teacher. She was selected for the award because of her exemplary dedication to the growth and development of kids golf. She'll be traveling to a special award reception in Orlando on January 29.

Valerie Weaver, senior director with Celebrating Home, has earned an awesome all-expense paid 7-Day Alaskan Cruise for her personal and group sales with Celebrating Home. She sets sail on May 11th. You can also catch her, aka "*The Frugal Fashionista*," on WJET TV's Money Segment, which airs bi-monthly at 5:20 p.m.



In Sincere Sympathy

Our sympathies to **Valerie Weaver** and her family on the recent loss of her father, who resided in Florida.

The Women's Roundtable 2009-2010 BOARD MEMBERS

President	Susan Wendel 833-8110
President-Elect	(Vacant)
Treasurer	Susan Hegel 734-2547
Secretary	Karen Bukowski 455-2811
Immediate Past President	Debbie Trocki 868-0079
Director of Programs	Bo Iole 864-3274
Director of Membership	Theresa Power-Natale 833-4763
Director of Publicity	Marsha MacKinnon 868-4002
Director of Hospitality	Diane Wilson 868-3816
Newsletter Editor	Diane DeLuca-Thompson 866-6909
Webmaster	Kristin Mooney 397-7973
Woman of the Year Chair	Tabitha Jones 450-5428
Council of Women's Organizations	Brenda Bennett 833-2301

Upcoming Women's Roundtable Events

MARCH 24

REAL-TIME COMMUNICATIONS MANAGEMENT SYSTEMS

David VanAmburg, President/CEO
VanAmburg Group, Inc. & MutualGravity, Inc.
Social 6:00 p.m. • Dinner 6:30 p.m.
Location TBA

APRIL 15

WOMAN OF THE YEAR COMMUNITY RECEPTION

6:00 - 8:00 p.m.
Bel-Aire Clarion Hotel/Poolside

MAY 13

WOMAN OF THE YEAR AWARDS BANQUET

Social 6:00 p.m.
Dinner/Presentation 7:00 p.m.
Bel-Aire Clarion Hotel

JUST FOR WOMEN ...

What Happy Working Women Know WEBINAR

Thursday, February 4

1:00 p.m.

Sponsored by w2wlink.com, and hosted by professional track expert and author **Cathy Greenberg**.

Join bestselling author of "What Happy Working Mothers Know" for a presentation on balancing work and your personal life with tips on leveraging tools and networking for success in your personal and professional life. Followed by Q&A.

For more information, email MemberServices@w2wlink.com or visit online at www.w2wlink.com.

WOMEN'S HISTORY DINNER

Writing Women Back Into History

Judge Susan Paradise Baxter

Keynote Speaker

Monday, March 8

Erie Maennerchor Club

5:30 p.m. Social

6:30 p.m. Dinner/Program

Sponsored by the Council of Women's Organizations. Cost is \$27. Send payment made payable to CWO to Mary Anne Little, 5426 Lakeshore Drive, Erie, PA 16505.

For more information, call 833-9082.

W.I.L.D. CONFERENCE

(Women in Leadership Development)

Life's a Journey ... We Survive

Friday, March 26

Bayfront Convention Center

8:30 a.m. Registration

9:00 a.m. Program

\$150 (Jan. 1-Mar.12)

\$200 (Mar. 13-Mar.26)

Includes Breakfast, Lunch and your "Survival" Satchel. Exhibit and sponsorship opportunities are available! Sponsored by the Gannon Small Business Development Center. Call SBDC at 871-7232 or register online at www.sbdcgannon.org.

We're thrilled to announce several new members this month ...

Anita Marie DiVecchio, owner, Anita New Look Now. Anita volunteers with Our Lady Christian Church and the American Cancer Society. Her hobbies include beaching, traveling, boating and skiing.

Linda Hackshaw, Chief Operating Officer, The Sight Center of Northwest PA. Linda volunteers with the Association of Fundraising Professionals, Holy Cross Church and Fairview Schools. She enjoys gardening, her book club and staying fit.

Candace Littell, a health care advisor, is the owner of Candace Littell, LLC. She serves on the board of directors for the free medical clinic and other nonprofits, and is involved in Christian education and spiritual formation. She enjoys cooking and photography.



If you know someone interested in joining WRT, you can now download our Membership Application from our website at www.wrterie.org or call Membership Director **Theresa Power-Natale** at 833-4763 or email her at TheresaPower-Natale@roadrunner.com.

WEBSITE ADVERTISING AVAILABLE TO MEMBERS

WRT is offering its members the opportunity to place a business card-size ad on our website with a link to your website, if desired. Sizes currently available are 3-1/2" wide x 2" deep or 2" wide x 3-1/2" deep. The cost is minimal ... only \$15 for the remainder of 2010! The cost after this first year will be \$20/year. You can't beat it!

If you're interested, please call or email Webmaster **Kristin Mooney** at 397-7973 or KRM158@yahoo.com. Deadline for submission is February 15.

VISIT OUR NEW WEBSITE FOR:
MEMBERSHIP APPLICATIONS, ARCHIVED TOUCHLINES,
WOMAN OF THE YEAR NOMINATION FORMS
WWW.WRTERIE.ORG

Quote of The Month

"Action makes more fortune
than caution."

Charlotte Whitton

The Women's Roundtable Membership

Georgeann Antalek ☉
The Honorable Susan P. Baxter ●
Brenda Bennett ☎
Pamela Biroshak
Barbara Brown ☉
Amy Brzuz
Karen Bukowski ☎
Carol Cannarozzi ☉
Delores Catalde
Gay Marie Catania
Diane Chido
Dorothy Christoph ●
Eileen Cullen, D.Ed.
Mary Ellen Dahlkemper
Diane DeLuca-Thompson ☎☉☎
Elsie Dickson
Anita Marie DiVecchio ♦
The Honorable Stephanie Domitrovich ●
Veronica Dunn
Haley Margraf Figurski
Audrey Gallagher
Mary Graziano
Linda Hackshaw ♦
Nadia Havard
Sue Hawley

Susan Hegel, Ph.D. ☎
Bozena (Bo) Iole ☎
RUBY Jenkins-Husband ●
Sharon Johannesmeyer ☎
Tabitha Jones ☎
Marietta Kuehn
Mary Ann Kupniewski
Janet Laskowski
Candace Littell ♦
Marilyn Livosky, Ph.D. ☉
Carol Loll
Mary Macie ☉
Marsha MacKinnon ☉☎
Alice Frazier McCullough
Jeanne Miller
Kristin Mooney ☎
Sheila Norgard
Tami Petrucelli
Theresa Power-Natale ☎
Susan Rogers
Sue Sanders
Mary Sansone
Peggy Schwab
Mavis Sergeant
Linda Stevenson
Kim Stucke ☎

Chris Tombaugh
Debbie Trocki ☉☎
Valerie Weaver
Susan Wendel ❖
Diane Wilson
Eileen Zinchiak ☉

Legend:

- ♦ New Member!
- ☎ 2009 Woman of the Year
- Former Woman of the Year
- ☎ 2009-10 Board Member
- ❖ 2009-10 President
- ☉ Past President
- ☎ Founding Member